

"A New Beginning"

Times is getting rough, huh? That's nothing new to us
There's nothing to discuss. Just make adjustments, time is up
This crazy world we live in, they taking, ain't no giving
Consuming, not producing. We got a problem, Houston
Its worse than genocide, they get inside your mind
Tricked 'ya. You thought the finish line was 1999, didn't 'ya?
Try to save the trees but you can't go green without that black and red
If we gon' get free we got to change that lightbulb in our head

[Hook]

The end of the world don't mean too much to us
It's a new beginning
Ashes to ashes, dust to dust to us
It's a new beginning

Stock market crashing daily, they say that times are scary
They dollar's losing value, but the hood knew that already
The price of gas been rising, at times we can't afford it
The oil supply is leaking, facing a global shortage
According to news reporters, every year its getting warmer
These violent weather patterns, some say it's just nature's karma
They planting they seeds of fearing, genetic engineering
Interfering with the crops and now the bees are disappearing
Don't know what is upon us, just know one thing for certain
Change is so necessary cause they system is not working
Maybe it would take destruction to make a better world
And if that's what it takes then I hope Babylon just keep on burning

We - we got a problem, Houston [x3]

[Hook x3]

"What If The Lights Go Out"

Aye, aye, there go the rescue
Aye, there they go right there
They lookin for us
There go the helicopter
Yo hey aye
Yo don't do that man, you gon get shot man
We right here
Yo, right here, right here
Aye where yall going?
Man, they ain't coming to help us man
Where yall going?
We got to help our motherfucking self

Whatever gonna be I'm ready Got my AR-15 ready Water in my canteen ready When the shit hit the fan I'm ready Can't get no dough off your car Can't eat no money, no credit Can't get no food from the stove But the struggle won't break my spirit The strong survive and we perish A man with a plan don't panic Surviver candles, solar panels Chapters from my soldier manual Organization, communication Clarity, family, solidarity The dollar bill is just a piece of paper If the lights go out it ain't gon save ya

What if the lights go out?

Right now right now?

Right now right now right now right now right now right now

Raindrops falling from the sky
Teardrops falling from your eye
Is anybody out there on your side?
Lights out, it's on the night
Disorganized humanity
Is borderline insanity
But don't panic, be cool
No code to the streets and no rules
They don't alert you, about the curfew
First they search you, then they merk you
Psychological, diabolical
Biological, highly volatile

Knocked on the door with Josephina
Dropped herself in your arena
What did we learn from Katrina?
I hope you can swim if you're waiting on FEMA

What if the lights go out?
Right now right now right now right now right now right now right now?
What if the lights go out?
Right now right now right now right now right now

Follow your heart, follow the light
The light within, it will show you the way
Follow your heart, follow the light
The light within, it will show you the way

What if the lights go out?
Right now right now right now right now right now right now right now?
What if the lights go out?
Right now right now

"GHN: Global Hood News"

[News Reporter Ime Oli]

This is Ime Oli reporting for the Information Age, Global Hood News Report In the Global Hood News today:

Global pandemic has the world health organization and US government work hand in hand To white the vitamins and natural medicines essential

To prevent to their healthcare off the shelves

This raises eyebrows as new information emerges from progressive and holistic communities

About the critical importance of vitamin D

Discipline, the OGs and elders like Matula Shakur say it is a question of population control
And the people must wager struggle for truth and reconciliation
Next up, if you haven't seen the fires, well you've probably smelled the smoke
Resistance in form in forms of riots and police clashes in cities around the world
90 Cs way informer is reporting live from Philadelphia

[Informer]

Well, Ime Helu, the situation is tense to say the least in front of City Hall right now

Many organizations have valued membership and are out in numbers chanting and raising banners plackets

which read a laundry list of grievances

For instance, one read "foreclosure equals war on poor people"
Another read "schools are jails, stop locking up the youth"
And lastly "Mayor McNutter is a buster"
Oh that read "puppet"

"Dirty White Girl"

[Verse 1: M1]
I'm sucker free, sugar free
Dairy free until we're free
Let you life with T, wanna kick with me
But that bitch ain't never mean shit to me man
I stay away from cocaina
That's white Jesus, I'm a non-believer
I was taught not to fear no evil
But I don't wanna catch no jungle fever

[Stic.man]

Yo Snow White, Cinderella
Don't wanna get no salmonella
Mozzarella, not the fella
Black to the berry, the darker the better
Devil's daughter, I don't want her
Shit I had you strung out on the corner
Crack in your hand, that's Ku Klux Klan
No blonde if a nigga meet a real Roxanne

[Hook]

Dirty white girl, she's so addictive Don't wanna go so you win all Dirty white girl, she's so addictive Don't wanna go so you win all

[Verse 2: stic.man]
Milk on your mustache, ew
What's that? I don't trust that, that's suspect
[?] toast, soup froze
Dextrose? I'm lactose intolerant
I'm not buying it, I don't swallow it
I'm not fooled by your white power politic
White flower? Not none of it
I don't sleep with the government

[M1]

Just the kush, not the yayo
Cause that Barbara Bush is fatal
Ebony and ivory, society done a lot to me
She been around the industry
I know her history, it's not a mystery
Crystal meth, PCP, LSD, that's not for me

[Hook]

[Verse 3: stic.man]

I stay away from them see through panties, that's paraphernalia
With a poor white trash of kid, ya ain't fucking with Virginia Slims
Cancer stick, she no good for me, bitch make me sick
No, I'm not the one, I'm not the trick
I need a sista souljah, not a Dixie Chick
No dairy queen, no Lindsey Lohan
What that mean? I ain't with your program

[M1]

My cup, styrofoam

Tell you right, won't steer you wrong
Make you lean, make you fall
Michael Jack, off the wall
Hard white, my wife
She like to ride that glass pipe
Fast life, popping pills
Cheap thrills get you killed
Big syringe, pick your skin
Make you thin, she not your friend
Frying pan, brain on drugs
Back hand, ain't no love

[Hook]

[Outro]

The concept of race has no scientifically proven biological or genetic validity. It is a social construct that has been used as tool of oppression for centuries

"No Way As The Way"

[Hook]
My way might not be your way
But it's okay
It's alright, your way might not be my way
But it's okay
It's alright

[Stic.man]

Yea, I used to go to church But the church didn't quench my thirst Mama taught me to put god first But she never tried to block my search I was curious, young but serious Why's religion so mysterious Why is black life so hard? They say you're not supposed to question God Well is it okay to question the pastor? Was it passed down from the slave-master? It was only the truth I was after But I never could get a straight answer So I couldn't be late to the sermon Put down the bible, then I start learning About life, didn't know where the path would lead But I had to get off my knees

[Hook]

[Stic.man]

I build with the fire that's in us Only God within us, it's no limits Study the metu neter from chemic Also I remembered Smoke herb with the Rastafarians Who my locks became a vegetarian Following the tao, filling what the bible lacks Jewels being handed to a innocent child My mind is a Buddhist temple, the truth is simple I try to be principle Walking with a warrior spirit It ain't nothing like learning from first hand life experience I'm a realist, that's all I deal with Respect the truth, that's all I build with A child of the universe My religion is life and it's just as valid I strive for balance

[Hook]

[M-1]

I gotta admit, I don't know End to end which way it's gonna go Why we sit by the project window? And started living off the land with my kin folk Is there even a master plan? An unseen hand? Is God a man? Some say that's sacrilegious Same folks selling us lies about Christmas Santa Claus and the Easter Bunny Just so the capitalists can make money They say God will take care of it But you a terrorist if you say the same thing in Arabic It's so hypocritical It's a miracle, listen to the Mexican spirituals Weighed in the water, I'm following Mr. Minute That turn I'm paying for my freedom I'm heading for the border

[Hook: x3]

"Learning Growing Changing"

[Intro]
We could grow
We could develop
As we know, the heaven is not a place
And happiness lives in the heart
Long as the world keep turning
I do years, we keep on learning
Ya heard?

[Hook]

Keep on learning, and soaking up game
We gon' make mistakes, we gon' go through some things
Keep on growing, keep on soaking up game
If something ain't working, don't be afraid to change

[Verse 1]

Nobody know it all, as soon as you think you do – that's when you fall

We gotta do more than survive, we must evolve

Things change just when you think you seen it all

We trip, we stumble but we get back and strike

Each day, all the way, one step at a time

Don't wanna let my ego and pride make me blind

The elders say "when you stop growing – that's when you die"

The one who gets the knowledge is the one who asked "why?"

Through the course of life, you gon' taste some humble pie

But I love it – it makes me appreciate the things that I take for granted

Gaining insight and understanding

Each one, teach one, we got to pass it on

Keep doing the knowledge, building and had in all

We're fake that need assumption

That nobody knows everything but everybody knows something

[Hook]

[Verse 2]

The more you know, the more you know – you don't know

And if you don't know there's more you can know then you won't grow

What you don't know can hurt you, discipline is a virtue

You gotta ask the right questions

It helps you go into cycles and cyphers and spirals

Information is viral, it infects you

It's contagious and have you going through stages

Like deny, you don't believe that, no, we didn't do that

Then reality set in, there's no disputing the facts

Yo I'm sorry if I woke you up, but when I open up

It's like I'm smoking but I'm high off the people, watch me soak it up

Huey said the best education is observation and participation

Study how the people be relating
Different points of views turn bad news to good news
See, it's kinda like some shoes cause they gotta make you move
Treat it like organic food, make it something you can chew
Information you can use, make it something you can do

[Hook]

[Interlude] Aye man, it's okay to say you don't know That's when you let go your ego You're free from all illusion, dig? Can't make moves in confusion Don't look for conflict, man Always look for the solution And my pop said "humility is a sign of wisdom" But to really soak it in, now that's a different kind of listening See men sharpen men, and every day is another lesson And it's not fair you only learn man, it's a blessing And as the Buddha says, "nothing lasts forever" You gotta manage your expectations The less we pray, the less we suffer And this way we awaken Right understanding Right thought Right speech Right action Right livelihood Right effort Right mindfulness Right focus Keep soaking Soak it up

[Hook]

"Time Travel" (feat. Trx)

[Hook]

I just wanna time travel, to know what I don't know
I just wanna time travel, to know what I don't know
See what I wanna see, feel what I wanna feel
Be what I wanna be, I tell 'em what's right and what's real
See what I wanna see, feel what I wanna feel
Be what I wanna be, I tell 'em what's right and what's real

[Verse 1]

I'm Zen'd up and I'm zoned out, tapped in to my own route

Wake up in the morning, throw my sneakers on, hit the streets and go all out

Beat the concrete, magic carpet

Through the neighborhood, through the project

Getting them hours and pass the college

No withdrawals without deposits

Feel that wind on my face, I'm Tommy Smith in '68

Fixed up, touch the sky, feels great, natural high

Sweat dripping down the block, healthy life, I'm out the box

When I run I'm in bliss baby, feel so good I don't wanna stop

Free my lungs of that marijuana, get my burn like a marathoner

Sunday hotter than Arizona, time travel anywhere I wanna

(I'm a long distance runner)

[Hook]

[Verse 2]

All seeing, all knowing, so free and mind blowing Omnipotent, magnificent, liberated, feel mad different We all talented, all gifted, tap into this raw spirit, it's unlimited So call it a vivid suspension, expansion another dimension Free from the box that we're trapped in We bout to blast off, are you strapped in? T minus and counting, imagine the ocean, the deserts The glaciers, the clouds and the mountains (See what I wanna see, feel what I wanna feel Be what I wanna be, to know what's right and what's real) Invincible, unshakable, earth quaking but unbreakable Unstoppable, don't stop until there's no rock a few, now I got the joke I come from the jungle, I drink from the fountain I looked and I found this, as innocent Roberts Who died and backed out to the big bang 15's of guap, we doing big things (Until the fat lady sang)

[Hook]

[Interlude]

I'm Zen'd up and I'm zoned out
I tell 'em what's right and what's real
I'm Zen'd up and I'm zoned out
I tell 'em what, I tell 'em what's right and what's real
I'm Zen'd up and I'm zoned out
I just wanna time travel, to know what I don't know
I'm Zen'd up and I'm zoned out
I just wanna time travel, to know what I don't know

[Verse 3]

Still evolving, adapting, changing Time is moving, let's embrace it Past conditions, forward motion Prohibition, the way it's open Ancient wisdom, the tribe has spoken Let the circle be unbroken Eye of Horus, wake the Buddha Mayan calendar – see the future Higher consciousness, revolution Evolution, the better humans God particles, spirit molecules Science turned, so what? I guess y'all already knew Hieroglyphics, ancient temples Know our self, infinite potential Boundless options beyond the doctrines We are the universe, break your boxes (Let's go)

[Hook]

[Outro]
I'm Zen'd up and I'm zoned out

"Take Me To The Future"

(feat. Martin Luther)

[Intro: Stic.Man (Computer)]
Computer
(Where would you like to go?)
Take me to the future

[Hook: Martin Luther] Take me to the future, take me to a better place To another time in space, than here Take me to the future, future for the human race Tell me what does it take, to get there I'm ready for change, I'm hungry for change I'm asking for change, I'm willing to change I'm ready for change, I'm searching for change I'm looking for change, I'm willing to change And I don't what it's gonna be like But I believe that the future's bright I take a few more steps towards it today Our generation gotta leave it's mark Be our own light because the world's so dark I know it's hard to say goodbye to yesterday But take me to the future, take me to a better place To another time in space, than here Take me to the future, future for the human race Tell me what does it take, to get there

[Verse 1: Stic.Man (Computer)]

I'm ready...

I want change I could live in, not just to believe in You know these politicians, they change with the seasons I'm starting with the man in the mirror, my vision getting clearer Feel like I'm at the dawn of a new era I see a free world with no more police terror A foundation I could pass on to E Twella I look ahead to when their system is dead When everybody in the hood is sheltered and fed A black and brown real life heaven on earth Where the last shall be first and your work is your worth I've never been free so I can only imagine what it'd look like But I know we need it with a passion, the good life I ain't got to live in no mansion To me being wealthy is being free and healthy Power in the hands of the people, not the state I'm so ready, how much longer? I can't wait Can't Wait [x6] (Almost there)

[Hook]

Take me to the future, take me to a better place
To another time in space, than here
Take me to the future, future for the human race
Tell me what does it take, to get there
I'm ready..

[Verse 2: M1]

What's your 10-20-30 year plan?

If we play it right then we outta here man

If we take it light, end of conversation

No hesitation, that's the time that we facing

Count down to a new beginning

We've been losing too long, it's time to start winning

On this land with this love and this life that we live

If we stand with each other and we fight, we can give

The babies something they can dream about, or maybe sing about

I'm looking forward to our finest hour

Give the babies something they can dream about

And maybe sing about

I'm looking forward to our finest hour

Take me to the future

[Hook]

Take me to the future, take me to a better place
To another time in space, than here
Take me to the future, future for the human race
Tell me what does it take, to get there
I'm ready for change, I'm hungry for change
I'm asking for change, I'm willing to change
I'm ready for change, I'm searching for change
I'm looking for change, I'm willing to change
And I don't what it's gonna be like
But I believe that the future's bright
I take a few more steps towards it today
Our generation gotta leave it's mark
Be our own light because the world's so dark
I know it's hard to say goodbye to yesterday
But take me to the future

[Computer]
The Future Is Now

"GHN: Elections & Crisis"

[News Reporter Ime Oli]
This is 90C's way informer
Reporting for the Information Age Global Hood News Report

[Informer]

Aye man, all this in the face of the most recent development with the people's champion Muni Abu Jamal
Though removed from death row, still being denied his rights
And more police murder of innocent people in the streets
Back to you

[Ime Oli]

And now the continent of Africa

World leaders make a breakthrough on the proposed contract for African unity Citing Thomas Enkara, Patrice Lamumba, Kua Menkum as political education The same leaders also criticize the US election, calling it a selection And all of Africa is keeping a watchful eye

All this as imperialism continues to literally fall to pieces in European economic crisis

As Greece almost succeeds from the EU, Spain and Italy are reeling in attempt to stabilize for the ripple effect

which they have already begun to feel

Social sentence from Rome to Milan are gearing up and in solidarity with the Senegalese and other African communities throughout Europe

Which are more vulnerable than ever

"The Awakening"

(feat. Umar Bin Hassan Of The Last Poets)

Like an epiphany, moment of clarity
I was blind before, but now my eyes can see
I know my destiny, I'm open mentally
My spirit is ready, for the awakening
The awakening

Empty your mind of all thoughts Let your heart be at peace

Returning to the source of serenity

A courageous walk down the Mississippi road
We live in the blues of the delta
A good morning to your neighbor
A good night to your dreams
We are the song of survival
A living song without lyrics or words
A kind gesture, a wink of the eye
A loving touch upon a child's head
A strong warm hug to keep away the doubt
Grandma's, grandma's hands upon your face

The wiping of the wavered tears Holding back the fizz

And between in-between the shoe shines and the dish washing
And between in-between the GD's and PhD's
And between in-between the owl houses and crack houses
We, we create waves to live and love

We live on the move

Move, moving, moving forward through the bling bling The prison captain, the clothes castors and the hoes and bitches And the alcohol and Jesus all on the same corner

We are the one and true living God

All around us is life

Our humanity, our humanity is the essence of life Our blood, our blood nurtures the soul Our humiliation and pain gives an expression Our ignorance gives vision

To what's like living contradictions, living pillar doctors
Living phenomenons, living just for the city
For a smile, for a touch
For hip-hop, for the glory of our ancestors
And the blessings of our guides

Peace

"Overstand"

[Chorus]

Are we addicted to the struggle or committed to success?

Are we focused on the positive or holdin' onto stress?

Not sayin' thing's perfect but in many ways I'm blessed

Learnin' how to take the negative and flip for the best

Everyday bring challenge, every challenge is a chance to advance

The power is right in our own hands

From a youth full of rage, to a wise grown man

Here I am, life is beautiful now, I overstand

[Verse 1]

I'm lookin' forward through my rearview mirror in hindsight Gotta be more than just a G if you keepin' your mind right Better be ready for the battle or focused on my fight I ain't sittin' on no sidelines watchin' them highlights I'm gonna begin the game playin' to win but learnin' from setbacks And my strengths and weaknesses and masterin' what I'm best at Power of refinement until you get right, exact It's all in your mind, but that's dependin' where your head's at Life is a chess match and lessons come from your mistakes Try not to end up in checkmate no matter whatever it takes Long as you're breathin then you can be problem solvin' Stayin' involved, evolved, world keeps revolvin' For the cause be all you can from the mornin' to the sunset You never have no regrets Took the journey to the edge of your fate and then lept Not just understandin' but overstandin' is the objective

{keep it open, in perspective}

[Refrain]

Just let me be what I am
Take my destiny in my hands
By my actions you can judge where I stand
And I hope one day you'll overstand

[Verse 2]

Change come from the inside out
No fear, live free, let the truth ride out
I'm steady, shakin' off the shackles of the old me
Wakin' up daily, meditation, feelin' so free
They hate to see you change {yeah}
But they don't understand {no}
The less you see for yourself, you won't comprehend
The caterpillar don't care what you think about him
He was born to be fly, his nature gonna bring it outta him
By the struggle I was never broken, I was broken open

I tapped into a source that was omnipotent
Had to shift my focus to my higher purpose
ain't nothing weak about broke, it takes a fighter's courage
People say they want a revolution
But steady holdin' on the slave ideas, afraid of evolution
In life we live and learn, it's pratice, theory, practice
Wisdom is organically grown, its not pre-packaged

{it's forward baby, never backwards}

[Refrain x1]

[Verse 3]

We think we found the absolute truth
But only to discouver it's a labyrinth, we go from on maze to another
So many chambers and angles, peelin' the onion layers
Within it all I see the same gang, just different players
So I rebel from the prison cell of the pidgeon hole
And dare to be myself, original
A man lives on principles --I don't posture to be popluar
Born to be a leader not just a blind follower

[Verse 4]

It's family before the dollar, your priorities in order

And like Bruce Lee say: "Be the water, be the earth, be the wind and the fire."

Elevate, take it higher

It's instinct, fulfill your needs and your desires

But we go to be compassionate, considerate, a people's advocate

Eradicatin' ignorance through experience

The more you live, the more you learn and you grow

It has a positive effect on all the people you know

{it's motivation}

[Refrain]

[Chorus]

I hope that you will overstand [x2]

{look at things without any opinion otherwise you'll never look at reality look at things without any philosophy, without any prejudice, without any dogma, creed or scripture just look, without arrogance and see the cause of ignorance, it overstands}

{Change is neccessary to evolution
The universe contains incredible diversity
And you cannot experience it all within the confines of one comfortable lifestyle
Look ahead to what you will think of your life at it's end
You will probably not want to look back and say it was cozy and dull
Thus, react positively to what seems to be disaster
Remember that what seems how to be disaster may be an important step toward evolution

And may even be identifiable as such at some point in the future
Every great loss takes you out of a rut and starts life anew
Be grateful for the time you had and your former happy state
And look forward eagerly to the new phase
Information age.}

"Scar Strangled Banner"

Where there's health neglect
There's no self-respect
But what else you expect?
Look how they dealt the deck
We inherited stress
Had to bury our best
Martin, Malcolm X
Bullet holes in they chest
We adapt to the struggle
Only way we survive
Eating scraps from the table
But it kept us alive
Making something from nothing
Still we hope for the best
Making miracles happen, daily coping with less

Scar strangled banner Scar strangled banner Scar strangled banner

Raised in the ghetto Singing songs - called survival But eating soul food to Have you dead on arrival Hand on the rifle Other hand on the bible Strong as an ox But look at what you put inside you We resillient beings Do the silliest things Know better than you better Cause that's what experience brings Break out of jail But can you break out a sickle cell? We say we livin well But we living in hell

We already been to the other side
We ain't turning back, now we choose a lie
To many goodbyes, and that ain't right
We feel it inside, it's time to fight

We already been to the other side
We ain't turning back, now we choose a lie
To many goodbyes, and that ain't right
We feel it inside, it's time to fight

We glues to the TV screen commercials in-between Crack Donalds, Murda King What happened to eat your greens? Eatin some or anything, abusing Mary Jane Chinese chicken wings, everyday hood thing 5 hour energy, red bull and Hennessey Head bobbin but the organs full of toxicity Pack a cool menthol, nicotine pit fall They have the nerve to Put cool on the pack so they can trick y'all Slave to the Dutch master Colon cancer victim Tell you on the package But we still blame the system No squares in my circle Screw all that sippin purple I'm tryina live to my potential Age is just a number A G preserve his temple A G control his temper No discipline, you slippin No toxins in my kitchen Slavery is over cousin But then at lunch it wasn't If food is the last plantation Then I'm Harriet Tubman Advocating colonics Saving my lungs from chronic But you can't free a slave Unless he knows he's in bondage (You wanna get freaky? Let's go) You can't free a slave

Unless he knows he's in bondage

"Politrikks"

[Intro]
You already know what time it is
Dead... prez... dot... com
Information news

[Verse 1: stic.man] Everywhere we go Every day on TV They be talking about Who you gonna vote for You got a black man running But I wonder if he get in Who he gonna open up the door for? I don't wanna to discourage my folk I believe in hope I just want us to want more Politics is a game How they keep us contained There gotta be more that we could hope for Democrats and Republicans Just 2 sides of the same coin Either way, it's still white power It's the same system Just changed form You wanna vote? please do! Cast your ballot, let your voice be heard But what I do want to say is After the election You'll see Mark my words

[Hook]

It's politic time again It's politrick time again It's politic time again It's politrick time again

Shoot the messenger!

[Verse 2: M-1]

This is the most important election of all time
The government's committing the biggest of all crimes
These bullshit politicians say they speaking for the people
Before they ran for office, they were shitting on the people
Billion dollar campaigns
Trillion dollar bailout
Anybody know the definition of a sell-out? huh?

And if Obama win, he wouldn't be the first black

Take your 2 dollar bill and turn it over to the back (you see? right there)

But with the TV on, you only hearing they voice

The system is broken, they trying to beat a dead horse

Go ahead and vote for the lesser of two evils

I plot, plan, and strategize with the poor people

The middle class will say this opinion is irresponsible

But if you ain't got no healthcare, they kickin' you out the hospital

McKinney, Clemente, off in the Green Party

No disrespect, we need a Red, Black, and Green Party

Like Marcus Garvey's

[Hook]

Even if Obama wins
Uncle Sam ain't my friend

It's politrikkks time again
It's bullshit time again

[Outro: Malcolm X]

The time is on the side of the oppressed today; it's against the oppressor And truth is on the side of the oppressed today; it's against the oppressor You'll see it. You'll see terrorism...

"Download (Expand Beyond)"

This is Ime Oulu reporting for the Information Age, Global Hood News Report

In women's beauty and cosmetic news, not to be taken lightly, the rise in medical malpraxis and white market body injection, instances continue

Scientists have also found the culprit in the newest cases of head cancer have been linked to the glue used in the ever popular lace front wig

Also in sports, as a closing note to the Olympic propaganda charade
Salute to the amazing African tracking field athletes
Some of who are forced to run under a colonial flag
Congratulations Mo Farad, a Somalian who's gold was stolen once again by Great Britain
This Ime Oulu along with 90 Seas Way Informer and this is the Global Hood News

Where there's health neglect there's no self-respect
But what else you expect? Look how they dealt the death
We inherited stress, had to bury our best
Martin, Malcolm X, bullet holes in they chest
We adapt to the struggle, only way we survive
Eating scraps from the table but it kept us alive
Making something from nothing, still we hope for the best
Making miracles happen, daily coping with less

Scar string will ban 'em Scar string will ban 'em Scar string will ban 'em

Raised in the ghetto, singing songs – called survival
But eating soul food to have you dead on arrival
Hand on the rifle, other hand on the bible
Strong as an ox but look at what you put inside you
We resemble your things, do the silliest things
No better than you better cause that's what experience brings
Break out of jail but can you break out a fascicle cell?
We say we living well, but we living in hell

We already been to the other side
We ain't turning back, now we choose a lie
To really get by this, and that ain't right
We feel it inside, it's time to fight

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We glues to the TV screen commercials in-between Crack Donalds, Murda King What happened to eat your greens?

Eatin some or anything, abusing Mary Jane Chinese chicken wings, everyday hood thing 5 hour energy, red bull and Hennessey Head bobbin bot the organs full of toxicity Pack a cool menthol, nicotine pick fall They have the nerve to put cool on the pack so they can trick y'all Slave to the Dutch master, colon cancer victim Tell you want a package but we still blame the system No squares in my circle, screw all that sippin purple I'm tryina live to my potential, age is just a number A G preserve his temple, a G control his temper No discipline, you slippin, no toxins in my kitchen Slavery is over cousin, but then at lunch it wasn't If food is the last plantation then I'm Harriet Tubman Advocating colonics, saving my lungs from chronic But you can't free a slave unless he knows he's in bondage (You wanna get freaky? Let's go) You can't free a slave unless he knows he's in bondage